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**MONTCLAIR R. R. TIME TABLE.**

Leave	Arrive	Leave	Arrive
N. York.	N. York.	N. York.	N. York.
6:30 A. M.	7:00 A. M.	6:30 A. M.	7:00 A. M.
7:30 A. M.	8:00 A. M.	7:30 A. M.	8:00 A. M.
8:30 A. M.	9:00 A. M.	8:30 A. M.	9:00 A. M.
9:30 A. M.	10:00 A. M.	9:30 A. M.	10:00 A. M.
10:30 A. M.	11:00 A. M.	10:30 A. M.	11:00 A. M.
11:30 A. M.	12:00 P. M.	11:30 A. M.	12:00 P. M.
12:30 P. M.	1:00 P. M.	12:30 P. M.	1:00 P. M.
1:30 P. M.	2:00 P. M.	1:30 P. M.	2:00 P. M.
2:30 P. M.	3:00 P. M.	2:30 P. M.	3:00 P. M.
3:30 P. M.	4:00 P. M.	3:30 P. M.	4:00 P. M.
4:30 P. M.	5:00 P. M.	4:30 P. M.	5:00 P. M.
5:30 P. M.	6:00 P. M.	5:30 P. M.	6:00 P. M.

**D. L. & W. R. R. TIME TABLE.**

Leave	Arrive	Leave	Arrive
N. York.	N. York.	N. York.	N. York.
6:30 A. M.	7:00 A. M.	6:30 A. M.	7:00 A. M.
7:30 A. M.	8:00 A. M.	7:30 A. M.	8:00 A. M.
8:30 A. M.	9:00 A. M.	8:30 A. M.	9:00 A. M.
9:30 A. M.	10:00 A. M.	9:30 A. M.	10:00 A. M.
10:30 A. M.	11:00 A. M.	10:30 A. M.	11:00 A. M.
11:30 A. M.	12:00 P. M.	11:30 A. M.	12:00 P. M.
12:30 P. M.	1:00 P. M.	12:30 P. M.	1:00 P. M.
1:30 P. M.	2:00 P. M.	1:30 P. M.	2:00 P. M.
2:30 P. M.	3:00 P. M.	2:30 P. M.	3:00 P. M.
3:30 P. M.	4:00 P. M.	3:30 P. M.	4:00 P. M.
4:30 P. M.	5:00 P. M.	4:30 P. M.	5:00 P. M.
5:30 P. M.	6:00 P. M.	5:30 P. M.	6:00 P. M.

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Bloomfield's Local Paper.

1875.

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## The Bloomfield Record.

It will be the aim of the Publisher to make The Record for the current year more VALUABLE THAN any to the people of this community as

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# The Bloomfield Record.

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Vol. III. No. 22.

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KNOWLEDGE IS POWER, BUT TRUTH IS THE FOUNDATION OF KNOWLEDGE.

BLOOMFIELD, N. J. FRIDAY, JUNE 18, 1875.

Whole No. 126.

**Nature's Sweet Restorer.**  
THE BEST WAY OF GETTING ASLEEP AND  
KEEPING SO.  
We read of Bismarck that "his old foe,  
insomnia, still tenaciously clings to him."  
He passes whole nights waking. At  
morning dawn, slumber, if not sleep,  
comes at last, but he finds him weary  
and unfit for work, yet with mountains  
of work to get through." Having paid  
considerable attention to this important  
question of being able to procure sleep,  
I venture to record what I know about it.

The human frame cannot do without  
sleep. I believe the reason is that the  
mysterious property—want of a bet-  
ter name we call it "vital energy"—gradually  
leaks out during the day. During  
sleep the machinery of the body, espe-  
cially the brain, becomes recharged with  
it. The cause of not being able to sleep  
—I write now of people in good health  
and hard workers with their brains—  
is that the brain cannot so speak, "go  
down," but it continues to act, more or  
less. My father, when writing the  
"Bridgeport Treatise," had his own way  
of working. He was an excessively busy  
man during the day, and had only the  
night hours in which he could write. He  
generally dined at 7 o'clock, and immedi-  
ately after dinner went to sleep for two  
or three hours. He then got up and  
worked until two or three o'clock in the  
morning. Just before retiring he took  
some light pudding or a sandwich, with  
cocoa or milk. Thus he always slept  
well, as the blood was diverted from the  
brain to the stomach.

I have no hesitation in saying that the  
proper thing to do is to go to sleep im-  
mediately (or at least very soon) after the  
meal of the day. All animals always go  
to sleep if they are not disturbed after  
eating. This is especially noticeable in  
dogs; and the great John Hunter showed  
by experiment that digestion went on  
during sleep more than when the animal  
was awake and going about. This is his  
experiment: He took two dogs and gave  
them both the same quantity of food.  
One of them was then allowed to go to  
sleep; the other was taken out hunting.  
At the end of three or four hours he killed  
both these dogs. The food in the  
stomach of the dog that had been hunting  
was quite undigested, while in the other  
it had been digested.

This fact, I think, shows the advisability  
of going to sleep immediately after  
eating. This ignored fact always occurs  
to my memory when I see old gentlemen  
nodding over their wine. Nature says to  
them "Go to bed." They will not go to  
bed, but still nature will not allow her  
law to be broken, so she sends them  
to sleep sitting in their chairs. People  
therefore who feel sleepy after dinner  
ought to dine late, and go straight  
to bed when a sleepy feeling comes over  
them.

Most good folks, however, do the worst  
possible thing imaginable, they retire af-  
ter the dinner into the drawing room and then,  
to make matters worse, they drink tea  
and coffee. Now I regard tea and coffee  
when taken at night, to be poison to cer-  
tain constitutions. It is very well in the  
morning, but is very bad at night. The  
reason why tea and coffee should not be  
taken at night is that the one contains  
an alkaloid called theine, and the other  
contains an alkaloid called caffeine. These  
two alkaloids taken into the system stimu-  
late the brain and do not allow it to go  
to rest. I speak of this matter from ex-  
perience. If I take thoughtlessly a cup  
of tea or coffee after 5 o'clock in the  
evening, going to bed about 11, I cannot go  
to sleep; and if the brain does fall asleep,  
the alkaloid will wake it up in about an  
hour or two. Sleeplessness, therefore, is  
usually caused by tea or coffee, though  
strange to say, tea and coffee actually  
send some people into sound sleep.

I will recollect the late Dr. Wilber-  
force, then Bishop of Oxford, telling my  
father, then most actively engaged as  
Dean of Westminster, of his patient way  
of going to sleep. It is better than the  
old-fashioned prescription of watching  
sheep jumping through a hedge one after  
another, ships sailing out to sea, &c.  
The Bishop's prescription was to repeat  
very slowly the vowels A E I O. In  
doing this they were to be faintly pronounced  
with each inspiration and expiration.  
It will be found easy to do this without  
moving the lips, but the vowel U must  
not be pronounced, for to do this the  
muscular action of the lips necessarily  
takes place and sleep comes not. I advise  
my readers to try this plan.

I once heard a midshipman who com-  
plained that he could not sleep at night  
because there were no waves dashing  
against the sides of the ship. To this  
noise he had so many months been ac-  
customed that he could not sleep with-  
out the familiar sound. He asked his  
mother to dash pails of water against his  
bedroom door till he went to sleep. I  
was once told, when on a salmon inspec-  
tion, that a certain miller could sleep so  
long as the continued whirr of the mill  
wheel was going on, but directly after the  
noise stopped he awoke.

The deepest sleep is always just before  
dawn. It is, I believe, probable that  
some change takes place at this time in  
the atmospheric condition, as the hour  
just before dawn is selected by savages  
to make their attack, and it is at this  
time also, I believe, that a great propor-  
tion of children are born. When staying  
at a country house, unfortunately  
the visitor not accustomed to country  
sounds gets often woke up. The abnor-  
mal creaks begin in the horrible creak-  
ing, called in Herefordshire "cock  
shoot." I recollect on one occasion, af-  
ter the wretched creaks had gone from  
the fowl house to feed, I fell asleep, and  
then came a most awful cry of agony;  
in fact, the farmer killed a pig under my  
window—enough to wake anybody. This  
pig was most voracious, but as he was  
immolated in honor of my arrival, I could  
not say much.

My monkeys always get sleepy when  
the gas is lighted in my study, where I  
and my monkeys always sit. The room  
"master's room," but I found out lately,  
by accident, that they call it the "mon-  
keys' room." This Darwin going back-  
ward!

Dogs, likewise, will sleep at night if  
they can; cats, I observe, are sleepy in  
the morning, the reason being that the  
wretches have been out all night, and of  
course, feel very sleepy in the morning,  
and doubtless their heads ache sometimes,  
and it serves them right if they do, con-  
sidering the way they make, fighting  
and catwauling. I have strong reasons  
to think that my own black cat is Presi-  
dent of a free and easy club, for they hold  
their meetings among the ruins of the col-  
osseum at the back of my house.

I know venture to suggest a new but  
simply remedy for want of sleep. Opium  
in any form, even the *hypnotic opium*,  
and chloroform, will leave traces of their  
influence the next morning. I therefore  
prescribe for myself—and have frequently  
done so for others—onions; simply com-  
mon onions raw. But Spanish onions  
steamed will do. Everybody knows the  
taste of onions; this is due to a peculiar  
essential oil contained in this most valu-  
able and healthy root. This oil has, I am  
sure, highly soporific powers. In my  
own case they never fail. If I am much  
pressed with work, and feel I shall not  
sleep, I eat two or three raw onions, and  
I sleep as soundly as a baby.

Excellent things to eat when much ex-  
posed to intense cold. Mr. Parry, at  
Foulke, Esk, Keenwick, informs me  
that, when collecting salmon and  
trout eggs in the winter, he finds that  
common raw onions enable him and his  
men to bear the cold and cold of the semi-  
frozen water much better than spirits,  
beer, &c. The Arctic expedition, just  
now about to start, should therefore take  
a good stock of onions. Finally, if a  
person cannot sleep, it is because the  
blood is in the brain, not in his stomach;  
the remedy, therefore, is obvious; call  
the blood down from the brain to the  
stomach. This is to be done by eating  
a biscuit, a hard-boiled egg, a bit of  
bread and cheese, or something. Fol-  
low this up with a glass of wine or milk,  
or even water, and you will fall asleep, and  
I trust, bless the name of the writ-  
er.

Breaking News Gently.  
He entered the ladies' sitting-room at  
the Central depot, walked up to a woman  
whose husband had left the room  
about ten minutes previous, and calmly  
inquired:  
"Madam, your husband went out to  
see the river, didn't he?"  
"Yes—why?" she asked, turning pale  
in an instant.  
"He was a tall man, wasn't he?"  
"He was," she replied, rising up and  
turning still paler.  
"Had red hair?"  
"He had—oh! what has happened?"  
"Weighed about one hundred and  
eighty pounds?"  
"Yes—yes—where is he—where is my  
husband?" she exclaimed.  
"Couldn't swim, could he?"  
"He's drowned—my husband is drown-  
ed!" she wailed.  
"Had a silver watch chain?" contin-  
ued the stranger.  
"Where is my husband—where is the  
body?" she gasped.  
"Do not get excited, madame. Did  
your husband have on a gray suit?"  
"Yes—oh! my Thomas! my Thom-  
as!"  
"Let me see him—let me see him!"  
she cried.  
"Come this way, madam, but do not  
get excited. There, is that your hus-  
band across the street at that peasant  
stand?"  
"Why, yes, that's him; that's my hus-  
band!" she exclaimed joyfully. "I  
thought you said he was drowned!"  
"No, madam, I did not. I saw him  
buying peanuts and I believed it my duty  
to say to you that peanuts are not healthy  
at this season of the year."  
He said softly out, and she stood there  
and chewed her parrot and stared after  
him as if he were a menagerie on wheels.  
—Detroit Free Press.

Terms, \$1.50 Per Annum.

Whole No. 126.

**St. John's Lodge of Newark.**  
As in New York and other States, so in  
New Jersey, the tiny Masonic acorn plant-  
ed centuries ago has grown into a great  
powerful oak, whose branches overspread  
the entire State from the Hudson to the  
Delaware and from the hills of Sussex to  
the white shore fringes of Cape May. The  
order in New Jersey includes now, as it  
has ever done, a large share of the most  
distinguished and most highly respected  
citizens. On its rolls are to be found,  
besides the names of Washington and  
Lafayette, those of governors, senators,  
congressmen, clergymen, editors, judges  
and the most noted of lawyers, leading  
manufacturers and mechanics.

The oldest lodge in the State is St. John's  
No. 1, of Newark, a lodge which, for  
some years past, has been strongly  
tinged with old fogeyism, but which, nevertheless, has a record more brightly  
illuminated than any other Jersey lodge.  
From its relations with George Wash-  
ington and Lafayette, this venerable  
lodge is not only a subject of great inter-  
est to the entire Masonic fraternity, but  
possesses a national interest.

The initiation of Lafayette into the Ma-  
sonic Order took place in this country  
when he was just emerging into man-  
hood. He was within four months of be-  
ing twenty-one when Frederickburg  
Lodge, in Virginia, entered him as an  
"apprentice Mason" under a special dis-  
pensation of the Grand Lodge of Vir-  
ginia. It was not until 1780 that he was  
"raised to the sublime degree of a Master  
Mason." This event took place at Mor-  
ristown, N. J., in a lodge organized un-  
der a travelling warrant. General Wash-  
ington being present. St. John's lays  
reasonable claim to the honor of making  
Lafayette a Mason, forasmuch as her  
journals were used on the occasion, as is  
set forth in an emanation of St. John's  
member as follows:

When Washington with mystic rites  
By Morris' campfire's lurid lights,  
The sacred altar and bright of Masonry  
erecled.

St. John's her jewels gladly sent  
To grace that army lodge intent,  
With joy we hailed the great event of Lafayette  
elected.

The jewels referred to are entered up  
on St. John's record as follows:—Twen-  
ty-four spurs, two ebony truncheons,  
four large candlesticks, three large can-  
dles, two silver bells, a silver chain,  
a silver key, a blue ribbon, striped  
with black, and a silver level, square and  
compass, with blue ribbon. Of these  
articles the only one now in possession of  
the lodge is one of the truncheons. Some  
years ago the lodge room of St. John's  
was broken into by thieves and all the  
jewels were carried off, including those  
used by General Washington at the cere-  
mony of making Lafayette a Master Ma-  
son—all but the truncheon referred to.  
The thieves, doubtless, sold the silver  
jewels for old iron, ignorant of their  
value. The truncheon, however, was pre-  
served, and on which occasion the jewels  
used at Morristown in 1780 were again used.  
The chair Lafayette sat in as Master of  
St. John's for the time being is still pre-  
served by the lodge and held in great  
reverence. But the brightest page in St.  
John's history is to be hereafter rewritten.  
This lodge lays lawful claim to having  
been the first organization of any kind  
in this country to celebrate Washington's  
Birth-day.

The occasion of its doing so was on  
February 22, 1792, seven years prior to  
the death of their most illustrious bro-  
ther, the Father of his country and the he-  
ro of the Revolution. Washington died  
December 19, 1799, and St. John's lodge  
postponed its customary festivities on St.  
John's Day and, instead, turned the oc-  
casion into one of deep mourning for the  
loss sustained by it in common with the  
whole country. The following 22d of  
February, 1800, the lodge celebrated, for  
the second time, the birthday of Wash-  
ington. The celebration was one of  
great solemnity. Among those taking  
leading parts in it were the Right Rev.  
Bishop Ogden, of the Episcopal church;  
Rev. Dr. McWhorter, the distinguished  
Irish-American of Newark—one of whose  
streets is named after him—Judge Bon-  
dinot, Dr. Burnett and a host of distin-  
guished brethren. The oration was de-  
livered by William Halsey, an eloquent  
Jersey lawyer of that era. Ever since,  
the 22d of February has been annually  
commemorated by the lodge.

The lodge has ever held high reputa-  
tion and out of Masonic circles, and has on  
its roll of membership the names of some  
of the very best citizens of Newark for  
the last 114 years and even more. It went  
on for many years prospering and pro-  
sperous. In the year 1825, however, so  
great an outcry had been raised against  
Masonry that St. John's officers deemed  
it imprudent to celebrate St. John's Day  
with the customary procession, &c. Gen-  
eral Lafayette's visit the same year had  
the effect of quieting the popular out-  
cry and St. John's increased the mem-  
bership. Soon after, however, the Mor-  
gan excitement and the fury against the  
Masons broke out with increased force.  
The Order was denounced in press and

pulpit. Members were assaulted in the  
streets and lodge rooms attacked with  
stones and other missiles. Many lodges  
were closed. Between the years 1825 and  
1835 St. John's Lodge had not more than  
a dozen meetings. Not a single applica-  
tion for membership was made during  
the interval. On January 4, 1834, the  
lodge formally decided to hold no more  
meetings until the storm should blow  
over; and it was not until December 26,  
1838, that the lodge reorganized and re-  
sumed its "regular communications." On  
the occasion of the reorganization Grand  
Master John S. Durey presided and a  
communication was read from the  
Grand Lodge of the State permitting St.  
John's to resume its labor. Since then  
the affairs of the lodge have prospered so  
that it is now the mother lodge of quite  
a family of lodges in Newark and other  
parts of the State. There is but one more  
important fact in St. John's history to  
relate. Out of compliment to Grand  
Master Bensley, member of Congress in  
1787, it waived its title to No. 1 in favor  
of Bensley Lodge. In 1842, however,  
St. John's resumed its original title to  
No. 1. It is thus shown, in the fore-  
going history of Masonic record, that Jer-  
sey Masons have a full title to a front  
rank among the brethren and also in the  
Centennial lustre of the Republic.

**The Arctic Expedition.**  
England has again fitted out an expedi-  
tion to search for the North Pole. To  
ensure the success of the present under-  
taking expense has not been considered,  
and the expedition may be considered  
the best equipped which ever started for  
the Northern seas. It is under the com-  
mand of Captain Nares, who has a full  
corps of experienced officers and sailors.  
The ships were selected with a view to  
withstand the rigors of such a voyage.  
The provision made to keep out the  
cold and keep in the heat is as perfect as  
experience can dictate. The quarters of  
both officers and men are coated with  
felt and thick woollen cloth, and all iron  
or metal fittings of the ship have a cov-  
ering of leather. On deck each hatchway  
is surmounted by a hood technically  
known as "bi-bloxy hatches," so that the  
wind below will be blown before another  
is opened. When the ships are laid up  
the hatches are closed and the wind will  
blow over the hatches, and thus the ships  
will be kept warm and comfortable in  
any way.

The Alert carries 540 tons of provisions,  
number of men only 121, so there would  
be no danger of starvation. The sledges  
are constructed with particular care.  
They are made of American  
elm, a wood that best gives the required  
qualities of toughness and lightness, and  
are so constructed as to have any  
nails, bolts, or screws which they ex-  
posed necessary for securing the sleds  
sliding to the runners. It has been  
found that any iron bolts, screws, or nails  
become treacherous in the Arctic climate.  
The intense cold causes them to snap,  
and when they are used for securing the  
wooden framework together the effect  
of such an occurrence is of course dan-  
gerous. The joints are made and secured  
with pieces of raw hide, and are put to-  
gether when hot, so that when the hide  
cools it congeals and forms a joint as  
secure as any that ever could be made by  
the most skillful carpenter or fastened by  
the strongest of bolts.

The sleeping costume is peculiar, but  
very appropriate. Next the ice an in-  
dian-rubber sheet is to be placed. This  
is to be covered with thick soft felt-  
ing, and on this the men will lie, not, how-  
ever, in their ordinary dress costume.  
Their night-dresses are not indeed very  
prepossessing, yet they are extremely  
comfortable. They consist of a suit or  
bag of duflin, into which the men place  
themselves before lying down—under-  
standing of course out of the question.  
They shut themselves within these thick  
flannel bags and cover themselves with  
another flannel blanket or covering.  
Capt. Nares states himself that this  
method of bivouacking is, considering  
the circumstances, extremely comfort-  
able, and that, though the beds are upon  
a grave of ice, they are yet warmer than  
they would be if the tents were pitched  
upon land.